

Safety Simply Stated



Caught in the Act

For you baseball enthusiasts – do you ever wonder how baseball fields come to look as nice as they do? The trim lawn, straight base lines, and packed dirt are the result of hard working employees and specialized equipment.

The week of September 6, 2005, at Blair Field, was maintenance week – which means work on the field is nonstop in order to make the field presentable for both players and fans. Leaf blowers, lawn mowers, vertical cutters, scrapers, edgers, and tractors are just some of the equipment in the maintenance arsenal. When working with any type of equipment, the safety risk increases and employees must be on their toes at all times, which three employees Fidel Caro, Luis Catzin, and Sonny Contreras, were *caught in the act* doing.



Fidel Caro in Action

All three employees were working safely—they were wearing appropriate personal protective equipment (PPE) for the tasks they were performing. In addition, when lifting heavy items, they were taking into account body mechanics, lifting with their legs, not their backs. When they put on backpack leaf blowers, they first placed them on higher objects, then put the straps on, rather than just picking them up from the ground and swinging them onto their backs. Also, while operating heavy equipment, they were constantly scanning for items which could be run over, and each employee remained aware of the location of the other employees.



Luis & Sonny working together.

With the combined efforts of, Fidel, Luis, and Sonny, Blair Field's maintenance week was ran like a well oiled machine – a safely run one too!

**Thank you & Congratulations
Luis, Fidel, & Sonny!!!**



**Service First
Safety Always**

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Special points of interest:

- *Drive Safely Work Week—October 3-7*
- *National Fire Prevention Week—October 9-15*
- *Safety Shoe Mobile Unit On-Site—October 20*
- *Halloween Safety Week—October 31*

Fire Prevention Month

By Robert Nelson, Safety Officer, Department of Public Works



October is Fire Prevention Month, which marks the anniversary of the Great Chicago Fire. Fire safety should always be on our minds, throughout the whole year. A few things to take note of:

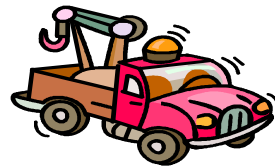
- 1) Have a working smoke detector on each level of your home, especially outside the sleeping areas. Change the batteries every time you change the time on your clock for Daylight Savings Time.
- 2) Develop a family fire escape plan for your home, and practice it with fire drills. At work, study the escape plan for your building, and know where to go when the alarm sounds.
- 3) Have proper and working fire extinguishers in your home, and know how to use them. At work, do the same.
- 4) Young children should learn to "Stop-Drop-Roll", and how to dial 9-1-1 in case of emergencies.
- 5) If you live in an area on which brush or weeds border, maintain a clearance of 30 to 300 feet around your home, depending on the local requirements of your community.
- 6) Have a 72-hour Disaster Preparedness kit in both your home and in your car, including food, water, money and maps.

With recent events such as Hurricane Katrina, the lightning storms, the Jet Blue Incident, and the ever-present threat of earthquakes and wild land fires in the California area, we must be prepared for any type of disaster that could strike our community.

Dial 399 — NEW NUMBER FOR FREEWAY TOWING

Motorists whose vehicles break down on a freeway in Los Angeles County now can dial # 399 on their cell phones for help. The countywide public number will summon help from either the Auto Club or from the Freeway Service Patrol.

The new # 399 number is designed to get stranded cars off the freeway more quickly and safely and to reduce call volume on the overburdened 9-1-1 emergency system. Members still can call the Auto Club directly at the number listed on their membership card, (800) 400-4AAA. The # 399 service may expand to other areas.



For more information on this service, please check website www.aaa.com

Molds in the Environment and How You Can Protect Yourself

By Healthy Homes Program Staff, Department of Health & Human Services, Environmental Health Bureau

What is Mold?

Molds are microscopic members of the fungus family. When **excessive moisture** or water accumulates indoors, mold growth will often occur, particularly if the **moisture** problem remains undiscovered or is not corrected. Molds typically grow in large, flat clusters that appear like fluffy or fuzzy masses, ranging in color from white, to blue-green to black.

How Do Molds Affect Your Health?

Mold spores are small enough to remain airborne, and enter the body when they are inhaled. Although most molds are harmless to healthy people, those with a weakened immune system, including infants, children, the elderly, pregnant women and people with asthma, appear to be more sensitive to mold. If these people inhale mold spores or handle moldy materials, they may experience:

- ❖ Congestion
- ❖ Constant headaches
- ❖ Coughing
- ❖ Irritated eyes
- ❖ Nose/throat irritation
- ❖ Shortness of breath
- ❖ Skin irritation
- ❖ Wheezing



How Does Mold Grow?

The key to mold control is **moisture control**. When mold spores land on a damp spot indoors, they can begin to grow rapidly. Like pollen, mold spores are extremely small and can stay suspended in the air almost indefinitely. Therefore mold is extremely difficult to filter from the air.

How Can You Reduce Mold Growth In Your Home?

Since it is almost impossible to filter mold spores from the air, **the way to control indoor mold growth is to control moisture**. Remember, mold thrives on excess **moisture** and will grow in air conditioning vents, water traps, refrigerator drip trays, shower stalls, and leaky sinks. Mold will also grow anywhere water has leaked, including walls and ceilings.

General

- ❖ Fix all sources of water leaks.
- ❖ Make sure windows and doors are properly weather-stripped to keep out **moisture**.
- ❖ Use air conditioners and dehumidifiers to remove **moisture** from the air.
- ❖ Dry all water damaged areas and items within 48-hours to prevent mold growth.
- ❖ Check houseplant soil to make sure it is not constantly damp. Mold loves **moist** soil.
- ❖ Store firewood outside.



Bathroom - (one of the primary sources of excess moisture)

- **Bathroom window:** If your bathroom has a window, leave it open when showering or bathing.
- **Bathroom door:** After bathing and showering, be sure to open bathroom doors and windows.
For additional ventilation, leave the bathroom door open *during* your shower.
- **Shower floor:** Clean the shower floor frequently, to ensure that mold does not accumulate.
- **Bathroom walls:** Do not use wallpaper in the bathroom or remove it, if it is already there.



(Continued on page 4)

Molds in the Environment and How You can Protect Yourself —Continued

(Continued from page 3)

Carpeting

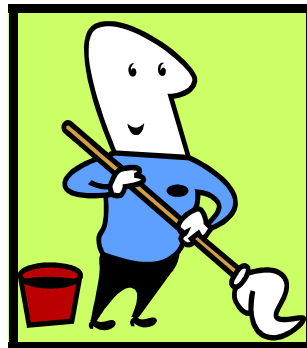
- Do not carpet bathroom or kitchen floors.
- Consider removal of carpeting in areas of heavy mold growth.

Kitchen

- Clean the drip pan of your refrigerator frequently.
- Use the exhaust fan when cooking or running the dishwasher.
- Open a window and use the kitchen exhaust fan when boiling water and cooking.

Cleaning Mold

1. Wear gloves and, if working overhead, wear eye protection.
2. Make sure the working area is well ventilated.
3. The best solution to mold is complete physical removal. Use a stiff scrub brush, scrubbing pad or abrasive cleanser. Rinse scrubbing device thoroughly and often. Rinse area when done.
4. A less effective method is to remove mold with commercial cleaners or a simple bleach solution of 1 ½ cup of bleach in 1 gallon of water. (Bleach straight from the bottle is not more effective).
5. **Never mix bleach with ammonia. The vapors are toxic.**
6. Use a sponge to apply the cleaning solution and let it sit for 15-20 minutes.
7. Dry the surface thoroughly.
8. Bag and discard any sponges or rags used for cleaning.
9. Absorbent materials that become moldy, like ceiling tiles or carpeting, may have to be replaced.



For more information, contact:
City of Long Beach Department of Health and Human Services
Bureau of Environmental Health, Healthy Homes Program @ (562) 570-4132

The Healthy Homes Demonstration (HHD) Program is designed to control or eliminate household hazards leading to asthma, lead poisoning, and unintentional injuries. HHD has developed a strong outreach and education program consisting of a comprehensive training program designed to teach families about the elimination and reduction of housing-based health hazards. Family Forums entitled "Open Your Door to a Healthy Home" will be offered in high-risk areas of Long Beach in the coming months. If you would like to get involved as a volunteer or would like to learn more about the program, please contact Judeth Luong @ (562) 570-4104 or via email: Judeth_Luong@longbeach.gov.



Red Cross Halloween Safety Tips for Kids and Adults

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment. The following are some common sense practices that can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not on the street. Do not run.
- Look both ways before crossing the street to check for cars, trucks and low-flying brooms.
- Cross the street only at corners and obey traffic signal lights.
- Don't hide or cross the street between parked cars and carry a flashlight to light your way.
- Visit homes that have the porch light on and accept your treats at the door. Do not enter a stranger's home.
- Have a grown-up inspect your treats before eating them and don't eat candy if the package is already opened.



Freeway Traffic and Road Rage

By Jerry Wolfe, Safety Officer, Long Beach Energy Department

Summer has ended; vacation season, day trips and fall activities put us on the highway with many drivers. Driving is a very special activity. With every passing mile we interact with many other users of the highway. This interaction often causes emotional responses. A driver's normal response to common traffic situations can change when upset. Strong emotions affect how we think, reason and make judgments.

Emotions can overcome us and distract us while driving. The U.S. Highway Safety Office has testified to Congress that tens of thousands of accidents each year can be linked directly to aggressive driving,

Aggressive Driving and Road Rage

Today, many drivers are operating their vehicles more aggressively. Aggressive driving occurs when a driver operates a vehicle in a pushy or bold manner. Exceeding speed limits, following too closely, failing to obey traffic controls and making improper turns and maneuvers are all indications that a driver is displaying aggression while driving. Road rage occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another user of the transportation system. Road rage is an escalation of emotions generally ignited by aggressive driving behaviors. Drivers who participate in aggressive driving are more likely to allow their emotions to gain control and participate in road rage.



Controlling Emotions

Emotional responses are learned but you can learn to control them. Quite often one emotion leads to another. Your first response to a "close call" in traffic will likely be fear, which may quickly change to anger. To help keep emotions from affecting you while driving, you need to:

- Assume other drivers' mistakes are not personal.
- Be polite and courteous, even if the other driver isn't.
- Avoid all conflict if possible. If another driver challenges you, take a deep breath and get out of the way.
- Reduce your stress by allowing plenty of time for the trip.



Avoiding Problem Situations

If you are confronted with a driver displaying aggressive driving behaviors towards you, follow these guidelines:

- Be patient and keep your cool in traffic. The best way to avoid being the target of an aggressive driver is to practice basic traffic courtesy.
- Do not make eye contact with an aggressive driver.
- Use your horn sparingly. Don't block the passing lane. Use your signals properly.
- If you travel slowly, pull over and allow traffic to pass.
- If you are angry, cool off. Take deep breaths and listen to the radio.
- Understand you can't control traffic, only your reaction to it.





October is Fire Safety Month

Circle or underline the correct answer to the following 15 questions. Send your responses to the Safety Office to participate in our prize drawing. Each month we will run a Safety Quiz for prizes.

Reprint from Richard Hawk, Inc. Safety & Health Puzzles

Deadline to submit answers to the quiz is October 21, 2005

1. Fire extinguishers should weigh at least:
A) 2 pounds
B) 3 pounds
C) 4 pounds
D) 5 pounds
2. When using a heating pad, you should only leave it on for _____ minutes or less.
A) 15
B) 30
C) 45
D) 60
3. Each year approximately _____ people die with fire extinguishers in their hands. (This proves you should only attempt to put out small fires with an extinguisher.)
A) 300
B) 400
C) 500
D) 600
4. You should keep all materials that can generate heat and ignite spontaneously, such as oily rags in a cool, dry place, stored in metal containers with a tight lid, at least _____ feet away from heat sources like pilot lights.
A) 2 feet
B) 3 feet
C) 4 feet
D) 5 feet
5. Sparklers (fireworks which give off a display of sparks when lit) burn at more than 1,800°F.
A) True
B) False
6. This type of burn may not be painful initially:
A) First degree
B) Second degree
C) Third degree
7. You should install wall-mounted smoke detectors about 15 inches from the ceiling.
A) True
B) False
8. You should test your smoke detectors:
A) Every week
B) Every month
C) Every three months
D) Every six months
9. What is the acronym commonly used as a reminder to have fire drills at home?
A) FITH
B) BATY
C) SMOKE
D) EDITH
10. Reusable fire extinguishers must be recharged once they are less than 50% full.
A) True
B) False
11. What is the acronym that's often used to describe how to use a portable fire extinguisher?
A) SWEEP
B) COVER
C) PASS
D) STOP
12. You should pour flour on a small grease fire if you don't have the proper fire extinguisher handy.
A) True
B) False
13. The number one cause of home-fire fatalities is from:
A) Electrical appliances
B) Fireplaces
C) Careless smoking
D) Portable space heaters
14. You should replace the batteries in a smoke detector at least once every:
A) 2 months
B) 12 months
C) 16 months
D) 24 months
15. Fire experts have established that it sometimes takes no more than _____ before a large building or structure is totally engulfed by flames.
A) 2 minutes
B) 4 minutes
C) 6 minutes
D) 12 minutes



Name _____ Department, Bureau and Division _____

Phone Number, or Extension _____ **Fire Quiz October 2005**



October 2005

Citywide Employee Safety Training

(Schedule as of September 23, 2005)



Date(s)	Course	Time(s)	Location
October 5	Bloodborne Pathogen (Module 3) (3 hrs)	7:45 am—11:00 am	PW/EDC Classroom, 2929 E. Willow Street
October 6	Acetylene/Compressed Gas (4 hrs)	7:30 am—11:30 am	Water Department, 1800 E. Wardlow Road NOTE: For Water employees
October 12	Excavation Training (8 hrs)	8:00 am—5:00 pm	Water Department, 1800 E. Wardlow Road NOTE: For Water employees
October 17	First Aid (Module 2) AM/PM Sessions (4 hrs)	<u>AM Session</u> 8:00 am—12:00 pm <u>PM Session</u> 12:30 pm—4:30 pm	American Red Cross, 3150 E. 29th Street Classroom 2
October 17	Hearing Test—Harbor Dept (on-going)	6:00 am—11:30 am	Harbor Department, 925 Harbor Plaza Administration Building
October 18	Hearing Test—PRM (on-going)	5:00 am—10:00 am	PRM-Beach Maintenance NOTE: For PRM employees
October 18	Hearing Test—Harbor Dept (on-going)	3:00 pm—5:00 pm	Harbor Department, 925 Harbor Plaza Administration Building
October 19	Hearing Test—Fire Dept	8:15 am—5:00 pm	Fire Department, Fire Training Center NOTE: For Fire employees
October 24	Hearing Test—Fire Dept	8:15 am—5:00 pm	Fire Department, Fire Training Center NOTE: For Fire employees
October 25	Hearing Test—Harbor Dept	7:30 am—11:30 am	Harbor Department-Harbor Maintenance NOTE: For Harbor employees
October 26	Hearing Test—Water Dept	6:30 am—12:00 pm	Water Department, 1841 E. 33rd Street NOTE: For Water employees
October 26	Fire Extinguisher (Partial Module 4) AM/PM Sessions (2 hrs)	<u>AM Session</u> 10:00 am—12:00 pm <u>PM Session</u> 1:00 pm—3:00 pm	PW-Airport Maint. Yard, 3150 E. St. Louis Avenue, Conference Room & Fire Pit
October 27	Hearing Test—Water Dept	6:30 am—12:00 pm	Water Department, 1841 E. 33rd Street NOTE: For Water employees



Have a safe Halloween.

- NOTE: Course dates and time are subject to change without notice.
- Please be advised that HR will request a JV charge point from departments who have employees signed up for training and do not show up for the class.
- If you have any questions, please contact May Jong, Risk Management @ may_jong@longbeach.gov



Industrial Shoemobile will be on site in Long Beach on **Thursday, October 20th from 7:00 am through 11:00 am at Long Beach Energy, 2400 E. Spring Street.**

If you have need to order safety shoes, please complete the Safety Footwear Requisition (SF312) and obtain approval from your supervisor prior to visiting the shoemobile this month. If you have any questions, please contact your immediate supervisor or the City Safety Office, 570-6476. Thank you!



Don't forget to wear your Personal Protection Equipment (PPE) in the workplace.



CITY OF LONG BEACH

City of Long Beach
 Department of Human Resources
 Risk Management, Safety Office
 333 W. Ocean Blvd., 10th floor
 Long Beach, CA 90802
 Phone: (562) 570-6476
 Office Hours: Monday—Friday
 7:30 am—4:30 pm

Safety is Everybody's Business

We're on the web!!
<http://clbnet/hr/safety/default.asp>

Safety Office Staff Members:

? **Michael Alio, Risk Manager..... (562) 570-6476**
 ? **Tristina Meche, Safety Specialist... (562) 570-5892**
 ? **May Jong, Training Coordinator.... (562) 570-5059**
 ? **Loida Garcia, Clerk Typist III..... (562) 570-6552**

Answers to Electrical Safety—Work Search

Congratulations to the following City employees:

- Shelley Spoerlein, TS, Infra-Structure Svcs, Telecom
- Veronica Frias Martinez, PD, Patrol, North
- Steven Miu, PRM, Business Operations

Please contact the Safety Office (ext. 85059) to pick up your Safety Prize. Thank you for participating in our Safety Quiz!

